

Caribbean Casserole

Makes: 10 servings

This quick one skillet casserole dish of beans, bell peppers, tomatoes, and oregano uses instant brown rice to reduce cooking time.

Ingredients

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 **tablespoon** canola oil
- 1 **can** stewed tomatoes (14.5 ounces)
- 1 **teaspoon** oregano leaves
- 1/2 **teaspoon** garlic powder
- 1 1/2 **cups** brown rice (instant, uncooked)
- 1 **can** black beans or beans of your choice (16 ounces)

Directions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

US Department of Health and Human ServicesNational Institutes of Health
Institute, Heart Healthy Home Cooking: African American Style

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	183	
Total Fat	3 g	5%
Protein	6 g	
Carbohydrates	35 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	190 mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables	1/2 cup
Grains	1 ounce